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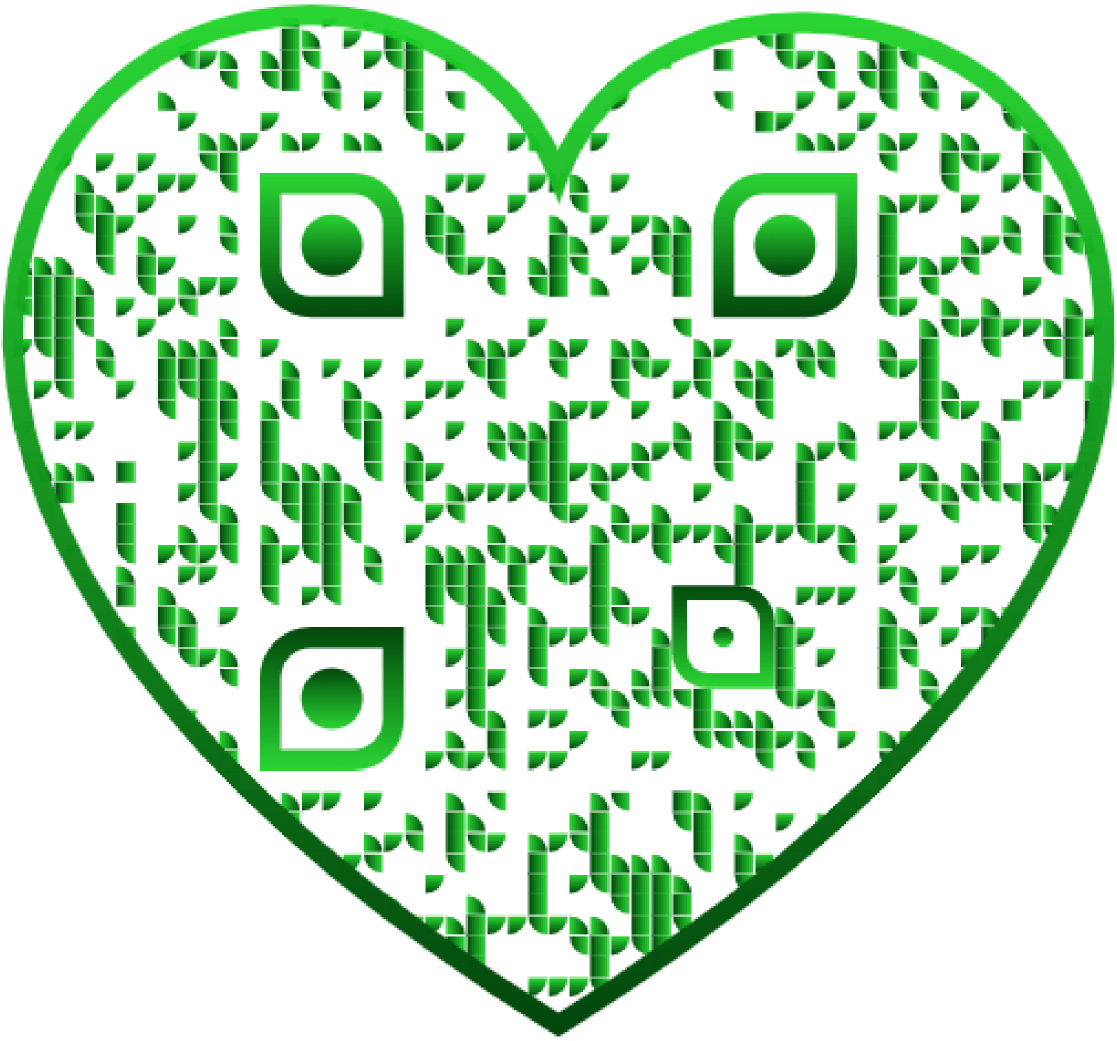

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CHRIS HENNESSEY

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TOOLS

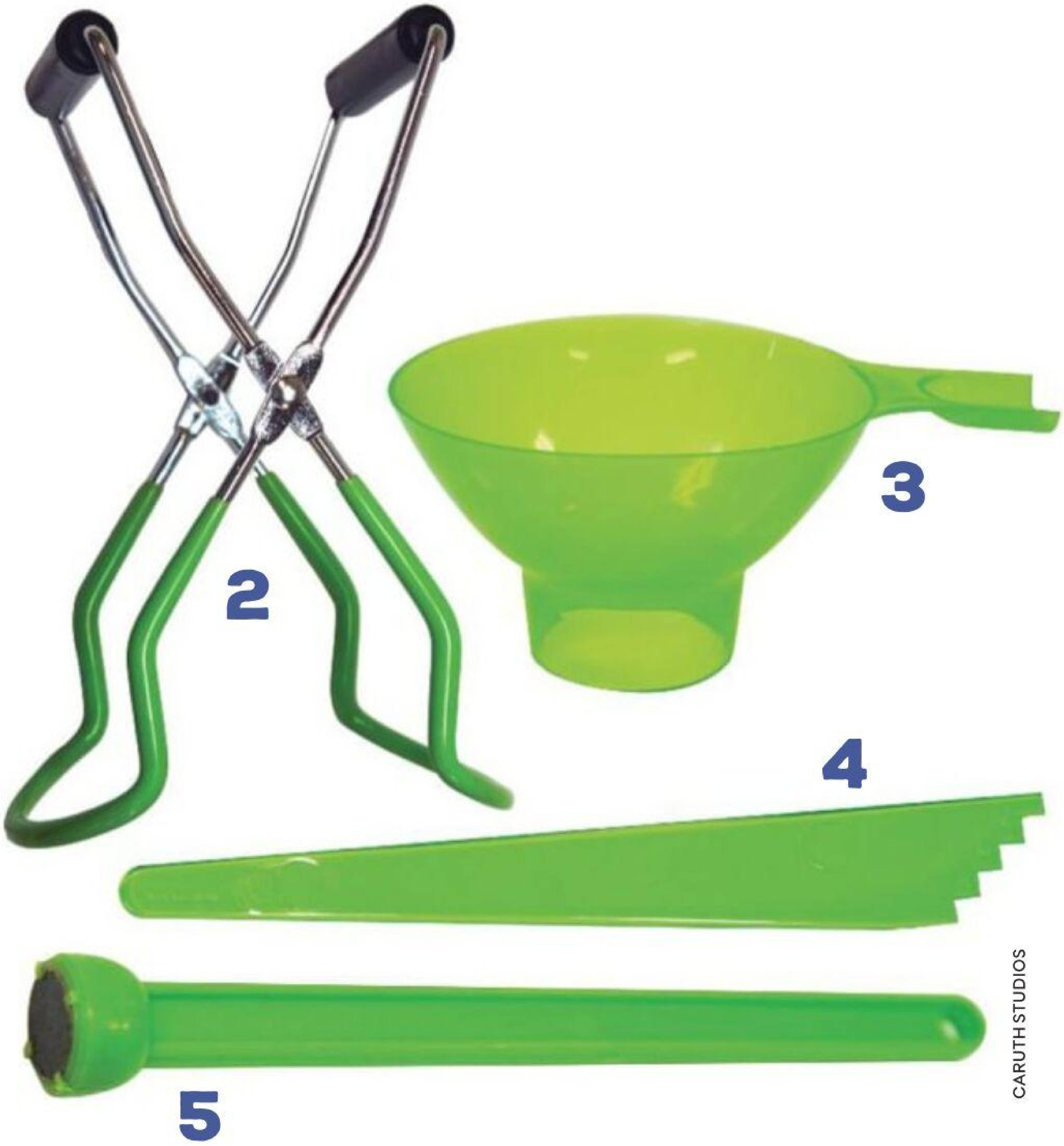
1. *Waterbath Canner*
Use a large saucepan deep enough to immerse jars in water by 1 to 2 inches and allow for the water to boil rapidly with the lid on. It requires a rack to lift jars off direct heat.

2. *Jar Lifter* This tool allows you to lift jars from and lower jars into a boiling water canner.

3. *Jar Funnel* A wide-mouth funnel allows for easy pouring of a food product into the jar.

4. *Combo Ruler Spatula*
The non-metallic utensil removes air bubbles trapped inside the jar and provides a handy edge for accurately measuring headspace.

5. *Magnetic Wand* This handy utensil grabs hot lids from simmering water.



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GETTING STARTED

Recipes

Choose recipes formulated for home preserving. Follow them exactly. Do not double recipes or alter ingredients such as amounts or types of vinegar, sugar or pectin used. Follow the method (waterbath or pressure canning) and processing time, which is sufficient to heat the coldest spot in the jar, and depends on several factors: acidity, type of food and size of jar.

Lids

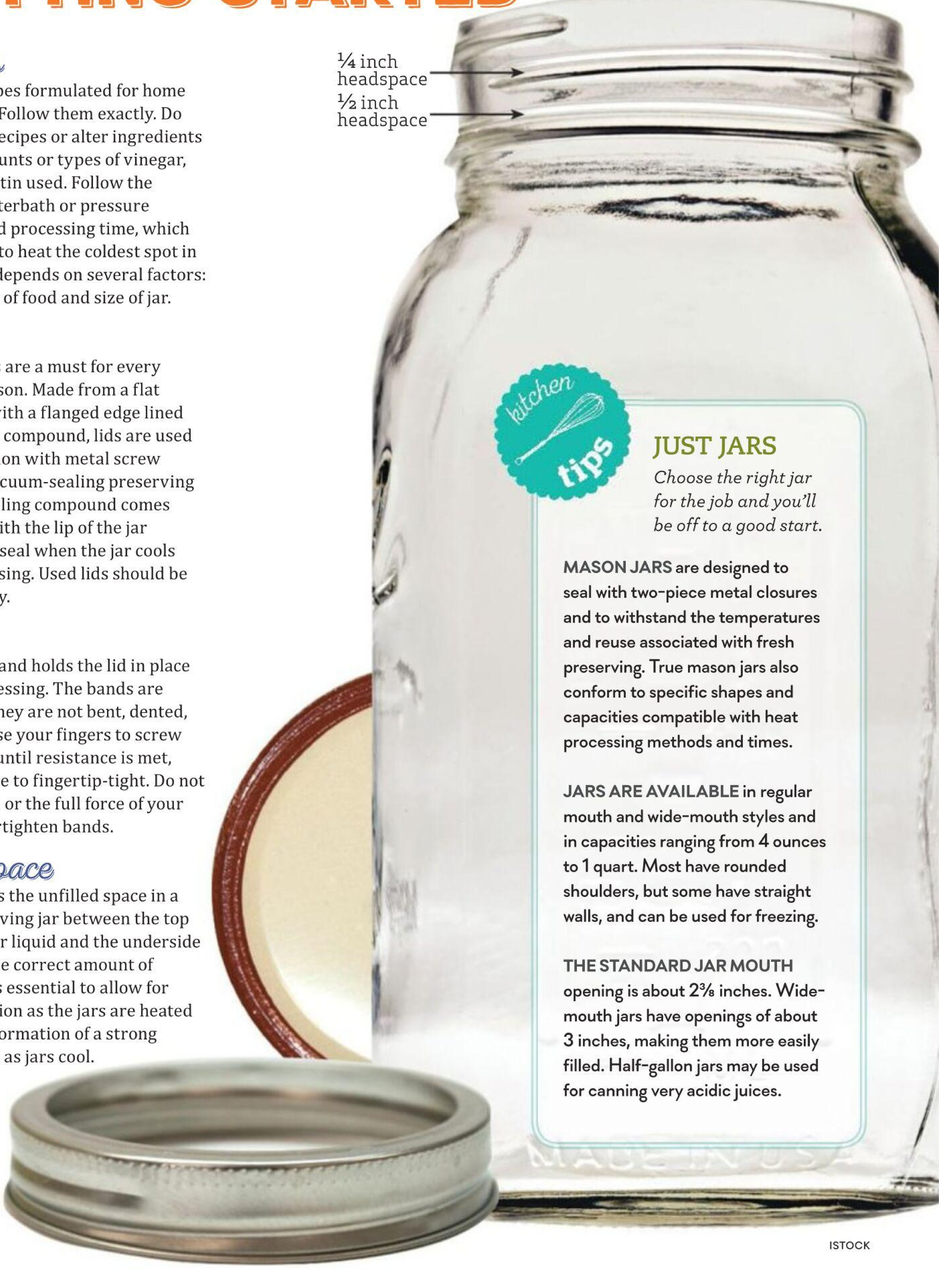
New flat lids are a must for every canning season. Made from a flat metal disc with a flanged edge lined with sealing compound, lids are used in combination with metal screw bands for vacuum-sealing preserving jars. The sealing compound comes in contact with the lip of the jar and forms a seal when the jar cools after processing. Used lids should be thrown away.

Bands

The screw band holds the lid in place during processing. The bands are reusable if they are not bent, dented, or rusted. Use your fingers to screw band down until resistance is met, then increase to fingertip-tight. Do not use a utensil or the full force of your hand to overtighten bands.

Headspace

Headspace is the unfilled space in a fresh preserving jar between the top of the food or liquid and the underside of the lid. The correct amount of headspace is essential to allow for food expansion as the jars are heated and for the formation of a strong vacuum seal as jars cool.



kitchen tips

JUST JARS

Choose the right jar for the job and you'll be off to a good start.

MASON JARS are designed to seal with two-piece metal closures and to withstand the temperatures and reuse associated with fresh preserving. True mason jars also conform to specific shapes and capacities compatible with heat processing methods and times.

JARS ARE AVAILABLE in regular mouth and wide-mouth styles and in capacities ranging from 4 ounces to 1 quart. Most have rounded shoulders, but some have straight walls, and can be used for freezing.

THE STANDARD JAR MOUTH opening is about 2⅜ inches. Wide-mouth jars have openings of about 3 inches, making them more easily filled. Half-gallon jars may be used for canning very acidic juices.

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WATERBATH CANNING

Step 1

If you're starting with brand-new jars, remove their lids and rings. If using older jars, check the rims to make sure there are no chips or cracks.

Step 2

Put the rack into the canning pot and put the jars on top.

Step 3

Fill the pot (and jars) with water to cover and bring to a boil. This is the very easiest way to heat up the jars in preparation for canning because you're going to have to heat up the canning pot anyway. Why not use that energy to heat up the jars as well?

Step 4

Put the lids in a small saucepan, cover with water and bring them to the barest simmer on the back of the stove.

Step 5

While the canning pot comes to a boil, prepare your product.

Step 6

When your recipe is complete, remove the jars from the canning pot (pouring the water back into the pot as you remove the jars) and set them on a clean towel on the counter. There's no need to invert them; the jars will be so hot that any remaining water will rapidly evaporate. Remove the lids with tongs or a magnetic lid wand and lay them out on the clean towel.

Step 7

Carefully fill the jars with your product. Depending on the recipe, you'll need to leave between ¼ and ½ inch of headspace (that's the room between the surface of the product and the top of the jar). Jams and jellies typically get ¼ inch, while thicker products and pickles get ½ inch.

Step 8

Wipe the rims of the jar with a clean, damp paper towel or the edge of a clean kitchen towel. If the product you're working with is very sticky, you can dip the edge of the cloth in distilled white vinegar for a bit of a cleaning boost.

Step 9

Apply the lids and screw the bands on the jars to hold the lids down during processing. Tighten the bands with the tips of your fingers to ensure that they aren't overly tight.

Step 10

Carefully lower the filled jars into the canning pot. You may need to remove some water as you put the jars in the pot. A heat-resistant measuring cup is the best tool for this job, as it won't transfer heat to your hand.

Step 11

Once the pot has returned to a rolling boil, start your timer. The length of the processing time will vary from recipe to recipe.

Step 12

When your timer goes off, promptly remove the jars from the water bath. Gently place them back on the towel-lined countertop and let them cool.

Step 13

The jar lids should begin to ping soon after they've been removed from the pot. The pinging is the sound of the seals forming; the center of the lids will become concave as the vacuum seal takes hold.

Step 14

After the jars have cooled for 24 hours, remove the bands and check the seals. You do this by grasping the jar by the edges of the lid and gently lifting it an inch or two off the countertop. The lid should hold fast.

Step 15

Once you've determined that your seals are good, remove rings and store your jars in a cool, dark place for up to a year. Any jars with bad seals can still be used—just store them in the refrigerator and use within 2 weeks.

Adapted with permission from PRESERVING BY THE PINT © 2014 by Marisa McClellan, Running Press, a member of the Perseus Book Group.

Altitude Matters

Know your altitude above sea level to determine a safe processing time for canned foods. Our recipes list times for processing at under 1,000 feet above sea level. To find times for higher altitudes, consult The USDA guide for home canning at nchfp.uga.edu/publications/publications_usda.html.

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PRESSURE CANNING

Step 1

Follow steps 1 through 5 for Waterbath Canning on page 6.

Step 2

Remove canning jar from hot water with a jar lifter and set on a dry towel. Pack the food and any liquid into a hot jar according to the recipe, leaving the specified amount of headspace.

Step 3

Slip a non-metallic spatula or chopstick between food and jar. Press back gently on food to remove trapped air bubbles. Repeat 2 or 3 times around the jar.

Step 4

Wipe rims and threads of the jar with a clean, damp cloth. Using the magnetic lid wand, lift a lid from hot water and place on the jar, centering the sealing compound on the jar rim. Screw the band down evenly and firmly with your fingertips until resistance is met.

Step 5

As each jar is filled, set it on the rack in the canner. There should be 2 to 3 inches of water in the canner, kept at a simmer until all filled jars have been placed in the canner. Check water level and add boiling water if necessary to maintain level.

Step 6

Put lid onto canner and lock into place. Bring water to boil. Leave vent open until steam has escaped steadily for 10 minutes. Put weight on vent.

Step 7

Bring pressure to 10 pounds for altitudes below 1,000 feet above sea level. Check the gauge frequently and maintain a steady pressure throughout the processing period. Process according to the time specified in your recipe. When processing is complete, turn off heat.

Step 8

Allow canner to return to zero pressure. Remove the gauge or open the petcock (steam vent). Let the canner cool for a few minutes, then unfasten and open the lid, raising it toward you to allow the steam to escape in the opposite direction. Wait another 10 minutes before removing jars, then remove and set jars 1 to 2 inches apart on a dry towel to cool for about 24 hours.

Step 9

When jars have cooled, check lids for a good seal by pressing on the center. If the lid is concave and doesn't flex, remove the band and try to lift the lid with a fingertip. If you can't lift the lid, the seal is good. Wipe the lid and jar to remove any food particles. Label the jar with contents and date. Store the jar in a cool, dry, dark place for up to a year. Use products that have been stored longest first.

ISTOCK

Low-Acid Foods

A food that has a pH higher than 4.6., such as vegetables, meat, poultry, and seafood, is a low-acid food. The only practical means of destroying bacteria naturally found in low-acid foods, unless pickled, is to heat the food to 240°F (116°C) at sea level for a specified time in a pressure canner.

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JAMS & Jellies

Delectable spreads made from jellied or preserved fruits, herbs and peppers are irresistible additions to breakfasts, teas, appetizers and entrees.

RASPBERRY JELLY

CHRIS HENNESSEY

EASY

Elderberry Jelly

YIELD: 5 (8 oz) half pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

- 3 cups prepared juice (6 qts or 3 lbs fully ripe elderberries)
- ¼ cup fresh lemon juice
- 1 box SURE-JELL Fruit Pectin
- ½ tsp butter or margarine
- 4½ cups sugar, measured into separate bowls

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready to use. Do not boil. Wash lids in warm soapy water.

2. REMOVE and discard large stems from elderberries. Crush fruit thoroughly; place in saucepan. Cook on medium heat until juice starts to flow, stirring occasionally. Reduce heat to low, cover and simmer 15 minutes, stirring occasionally. Place 3 layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed; hang and let drip into bowl until dripping stops. Press gently. Measure exactly 3 cups prepared juice into 6- or 8-quart saucepot. (If necessary, add up to ½ cup water for exact measure.) Stir in lemon juice.

3. STIR pectin into juice in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

4. LADLE hot jam into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

5. PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

EASY

Raspberry Jelly

YIELD: 8 (8 oz) half pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

- 4 cups prepared juice (5 pts. fully ripe red raspberries)
- 7½ cups sugar, measured into separate bowls
- ½ tsp butter or margarine
- 2 pouches CERTO Fruit Pectin

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready to use. Do not boil. Wash lids in warm soapy water.

2. CRUSH raspberries thoroughly, one layer at a time. Place three layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed; hang and let drip into bowl until dripping stops. Press gently. Measure exactly 4 cups juice into 6- or 8-quart saucepot. (If needed, add up to ½ cup water for exact measure.)

ELDERBERRY JELLY

CHRIS HENNESSEY

3. STIR sugar into juice in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in pectin. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

4. LADLE hot jam into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

5. PROCESS jars in a boiling water canner for 5 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Family Favorite

Peach Jam

YIELD: 3 (8 oz) half pints

SKILL LEVEL: Easy

METHOD: Waterbath

WHAT YOU NEED:

1	dry quart peaches (about 2 lbs)
1	cup granulated sugar
	Juice of ½ lemon

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. BRING a large pot of water to a boil. While it heats, cut the peaches in half and remove the pits. Fill a large bowl two-thirds of the way up with ice water. Blanch peaches in the boiling water for 1 to 2 minutes, then immediately transfer to the ice water.

3. COOL to touch and slip off skins. Halve and pit the peaches. Using a potato masher, smash them into a pulp. Stir in the sugar and let the fruit sit for a few minutes, until the sugar is mostly dissolved.

4. TO COOK, scrape the fruit into a large skillet, add the lemon juice, and place over medium-high heat. Stirring regularly, bring the fruit to a boil and cook until it bubbles and thickens, 10 to 12 minutes. It's done when you pull a spatula through the jam and it doesn't immediately rush in to fill the space you've cleared.

5. FUNNEL hot jam into hot jars, leaving ½ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

6. PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

PEACH JAM

ISTOCK

EASY

Peach Schnapps Jam

YIELD: 5 (8 oz) half pints

SKILL LEVEL: Easy

METHOD: Waterbath

WHAT YOU NEED:

3½	cups peaches, peeled and chopped
1	large orange
2	cups sugar
2	tbsp peach schnapps
3	tbsp Ball Flex batch low sugar/no sugar pectin

WHAT YOU DO:

1. USING A VEGETABLE PEELER or a knife, cut away just the outer rind of the entire orange without taking too much of the pith (white part). Using a knife, cut the rind into slivers and set aside. Peel away the pith and segment the orange. Cut off any of the white part inside the orange to avoid bitter taste. Chop the orange.

2. IN A STAINLESS STEEL POT combine peaches, orange, and rind. Simmer, for 10 to 15 minutes or until peaches are tender. Add sugar and peach schnapps and bring back to a boil. Add pectin, stirring in completely. Bring it back to a boil and do not stir for one minute to help activate the pectin. Remove from heat.

3. LADLE hot jam into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

4. PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

PEACH SCHNAPPS JAM

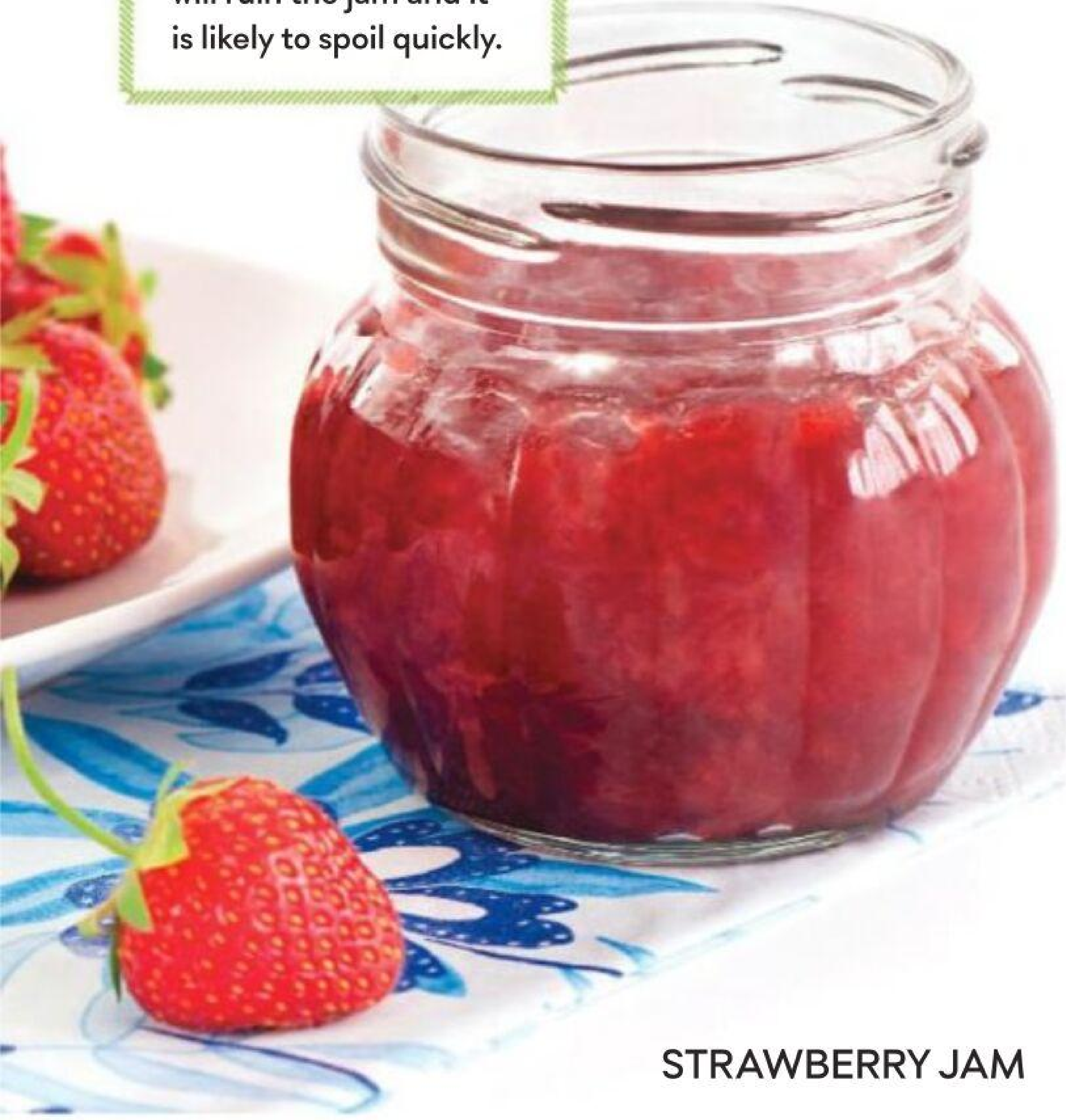
Bubble Trouble

After food has been packed into jars, any air bubbles that are present must be removed. Place a nonmetallic spatula or chopstick inside the jar between the food and the side of the jar. Press the utensil back against food to release trapped air. Check headspace and add more food to reach the necessary space.

CHRIS HENNESSEY

Quick Tip

Always use undamaged fruit. Too much damage will ruin the jam and it is likely to spoil quickly.



STRAWBERRY JAM

RASPBERRY JAM

PHOTOS: ISTOCK

Family Favorite

Homemade Strawberry Jam

Strawberries, lemon juice, pectin and sugar combine to create a classic strawberry jam. Try out this recipe, then make it your own as you discover new flavor twists.

YIELD: 8 (8 oz) half pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

5	cups crushed strawberries (about 5 lbs)
¼	cup lemon juice
6	tbsp Ball® RealFruit™ Classic Pectin
7	cups granulated sugar

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. COMBINE strawberries and lemon juice in a 6- or 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

3. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

4. LADLE hot jam into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

5. PROCESS in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Variations

Vanilla Strawberry Jam:
Add half a vanilla bean, split in half lengthwise, to the crushed strawberries. Cook as directed and remove vanilla bean before ladling jam into jars.

Peppered Strawberry Jam:
Stir ½ tsp freshly ground black pepper into the cooked jam just before ladling it into the jars.

EASY

Raspberry Jam

For an easy and delicious way to enjoy the summer flavor of raspberries year-round, preserve them with this recipe.

YIELD: 8 (8 oz) half pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

3½	cups crushed raspberries (about 5 pints)
¼	cup lemon juice
7	cups sugar
½	tsp butter or margarine, optional
1	3-oz pouch Ball®RealFruit™ Liquid Pectin

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. COMBINE prepared berries with lemon juice and sugar in a 6- or 8-quart saucepan. Add up to ½ tsp butter or margarine to reduce foaming, if desired. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.

3. ADD pectin, immediately squeezing entire contents from pouch. Continue hard boil for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary

4. LADLE hot Raspberry Jam into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

5. PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

EASY

Apricot Rosemary Jam

This jam makes a wonderful glaze for roast meat or poultry, and if you process it in small quarter-pint jars, it is the exact amount needed for a weeknight roast chicken.

YIELD: 3 (8 oz) half pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

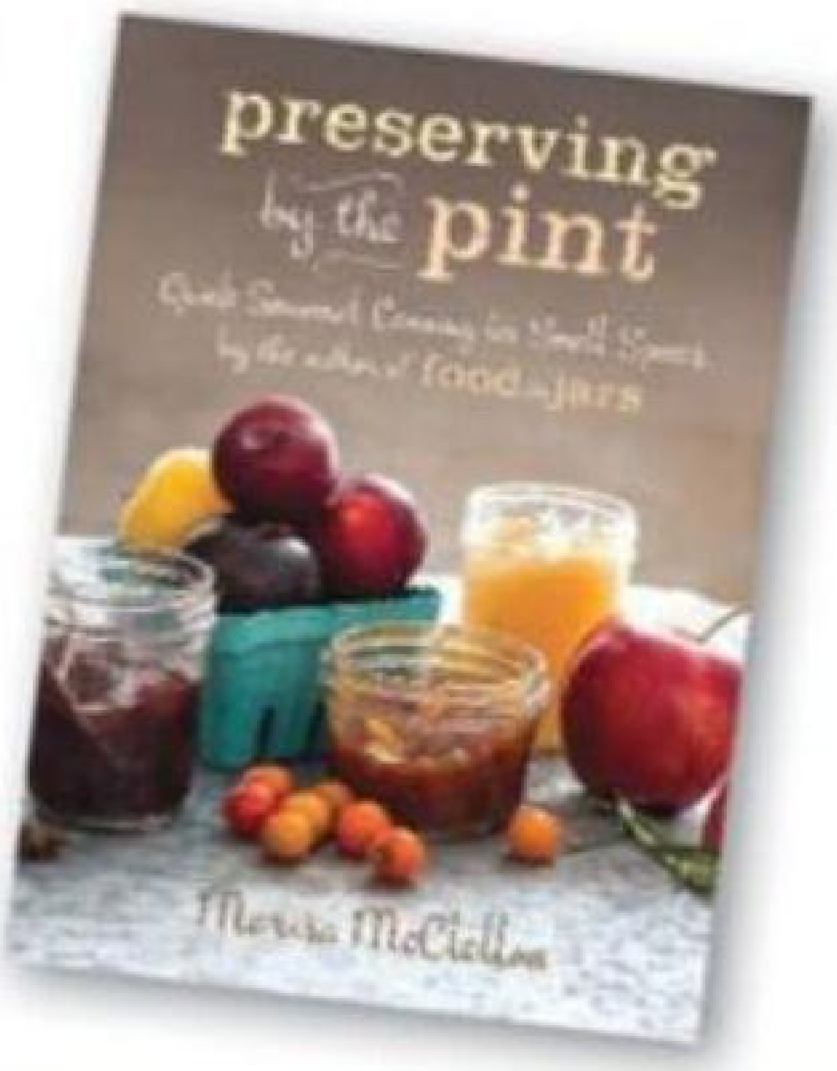
1	dry quart apricots (1½ lbs), pitted and mashed
2	cups granulated sugar
3	tbsp finely chopped fresh rosemary
	Juice of 1 lemon

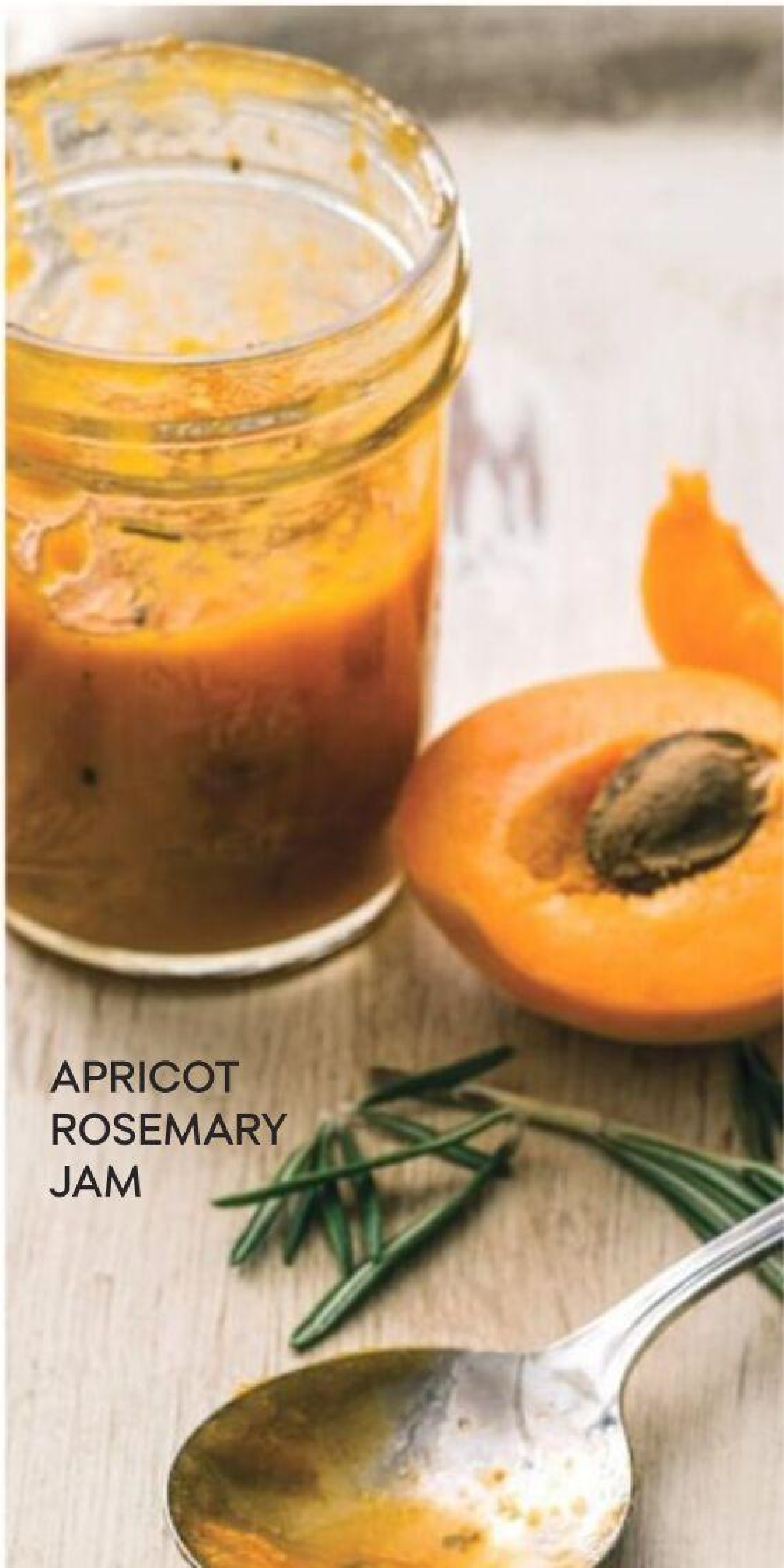
WHAT YOU DO:

1. PREPARE a boiling water bath and 3 half-pint jars by putting the rack into the canning pot and putting the jars on top. Fill the pot (and jars) with water and bring to a boil. If you're using older jars, check the rims to make sure there are no chips or cracks. Place 3 lids in a small saucepan of water and bring to a gentle simmer.

2. COMBINE the apricots, sugar, and chopped rosemary in a large, nonreactive skillet over medium-high heat. Stirring regularly, bring the fruit to a boil and cook until it bubbles and looks quite thick, 12 to 15 minutes. It's done when you pull a spatula through the jam and it doesn't immediately rush to fill the space you've cleared. When the jam seems thick and spreadable, stir in the lemon juice. Remove the jam from the heat and funnel into the prepared jars, leaving ½ inch of headspace. Wipe the rims, apply the lids and rings, and process in a boiling water bath for 10 minutes.

Apricot Rosemary Jam adapted with permission from *PRESERVING BY THE PINT* ©2014 by Marisa McClellan, Running Press, a member of the Perseus Books Group.




APRICOT ROSEMARY JAM

EASY

Cheery Cherry Jam

YIELD: 7 (8 oz) half pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

3	pkg. (12 oz each) frozen sweet cherries, thawed, drained
¼	cup almond-flavored liqueur
3	tbsp fresh lemon juice
1	box SURE-JELL Fruit Pectin
½	tsp butter or margarine
4½	cups sugar, measured into separate bowls

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. FINELY CHOP or grind cherries; place in 6- or 8-quart saucepot. Add liqueur and lemon juice; mix well. Stir pectin into prepared fruit mixture in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

3. LADLE hot jam into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

4. PROCESS in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

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FRUIT & Fruit Juices

Prolong seasonal harvests with fresh fruits and juices preserved for use in desserts and drinks or as complements to meals.

SPICED APPLES

ISTOCK

Spiced Apples

To prevent discoloration of apples, peel and slice one apple at a time. Immediately cut crosswise into ½-inch slices, remove core area with a melon baller, and immerse in a solution of water and lemon juice.

YIELD: 8 (16 oz) pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

4	lbs firm, tart apples, peeled,cored, and sliced
2	quarts water
2	tbsp lemon juice
4	cups sugar
2	cups water
⅓	cup red cinnamon candies
⅓	cup white vinegar
1	tbsp whole cloves

WHAT YOU DO:

1. SOAK apple slices in bowl filled with 2 quarts water and 2 tablespoons lemon juice.
2. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
3. COMBINE sugar, water, cinnamon candy, vinegar, and cloves in a 6- quart saucepan.
4. BRING mixture to a boil, then simmer 3 minutes, stirring constantly.
5. DRAIN apples, add to hot syrup, and cook 5 minutes.
6. PACK hot apples into hot jars to within a generous ½ inch of top of jar. Ladle hot syrup into hot jar to cover apples, leaving ½ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.
7. PROCESS jars in a boiling water canner for 20 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

EASY

Fast Oatmeal Company Dessert

YIELD: 6-8 servings
SKILL LEVEL: Easy
METHOD: Baking

WHAT YOU NEED:

½	cup butter
1	cup flour
¾	cup oatmeal
½	cup brown sugar
1	pint Spiced Apples

WHAT YOU DO:

1. MIX first 4 ingredients until crumbly. Press two thirds of the mix into a pie plate. Add apples. Sprinkle the rest of the crumbled mixture on top of apples.
2. BAKE in 350-degree oven for 20-25 minutes.
3. SERVE with ice cream.

EASY

Apple Crisp

YIELD: 8 servings
SKILL LEVEL: Easy
METHOD: Baking

WHAT YOU NEED:

2	pints Spiced Apples
1	tsp cinnamon
1	cup brown sugar
1	cup flour
2	tbsp butter

WHAT YOU DO:

1. SPOON apples into an 11 x 7-inch baking dish. Sprinkle cinnamon over apples. Crumble together the brown sugar, flour, and butter and sprinkle over apples.
2. BAKE in 350-degree oven for 25-30 minutes.

APPLE CRISP

ISTOCK

Stewed Rhubarb

YIELD: 7 (32 oz) quarts
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

10½	**pounds rhubarb (Select young, tender, well-colored stalks from the spring or late fall crop.)**
3½	**cups sugar**

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. TRIM off leaves. Wash stalks and cut into ½-inch pieces.
3. IN A LARGE SAUCEPAN, add fruit and sugar. Let stand until juice appears.
4. HEAT gently to boiling.
5. LADLE into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
6. PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Strawberry Rhubarb Pie

Family Favorite

Quick-cooking tapioca works well as a thickener for pies, especially strawberry rhubarb. If you don't have access to quick tapioca, you can use the same amount of cornstarch as a substitute.

STRAWBERRY RHUBARB PIE

ISTOCK

YIELD: 1 9-inch pie
SKILL LEVEL: Medium
METHOD: Baking

WHAT YOU NEED:

3½	**cups rhubarb stalks cut into ½-inch pieces (Trim away leaves; trim ends.)**
2	**cups strawberries, sliced**
¾	**cup to 1 cup sugar**
4	**tbsp of quick-cooking tapioca**
¼	**tsp of salt**
1	**tsp of orange zest**
2	**ready-made pie crusts**

WHAT YOU DO:

1. PREHEAT oven to 400°F. In a large bowl, combine the rhubarb and the strawberries with the sugar, tapioca, salt, and orange zest. Let sit for 10 minutes.
2. ROLL OUT pie crust dough and line the bottom of a pie dish. Trim to ½ inch from the edge. Place the filling into pie dish. Roll out the second pastry dough, cut into 1-inch strips, and place over the pie.
3. TRIM the crust to an inch from the edge of the pie dish. Tuck the top crust strips over the bottom crust edges and use your fingers or a fork to crimp the top and bottom edges together. Brush a thin layer of egg white or cream over the top crust strips for a nice glaze.
4. PLACE pie on the middle rack of the oven. Place a baking sheet on a lower rack to catch any juices. Bake for 20 minutes, then reduce heat to 350°F and bake an additional 40-50 minutes. The pie is done when the crust is nicely browned and the filling is thick and bubbly. Remove from oven and let cool on a rack.
5. SERVE at room temperature. allow the juices to thicken.

HONEY SPICED PEACHES

CHRIS HENNESSEY

Pretty as a Peach

To treat peaches to prevent browning, combine 2 tsp Ball® brand Fruit-Fresh with 3 tbsp of water. Toss cups of cut peaches in mixture. Make more Fruit-Fresh mixture as needed to coat all cut peaches. Or, submerge cut peaches in a mixture of ¼ cup lemon juice and 4 cups water.

Honey Spiced Peaches

These zesty peaches add a burst of spicy fruit flavor to any oatmeal or bran muffin mix. Add about 1 cup drained, coarsely chopped peaches to the batter just before baking.

YIELD: 3 (32 oz) quarts
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

- **8 lbs peaches (about 24 small)**
- **1 cup sugar**
- **4 cups water**
- **2 cups honey**
- **1½ tsp whole allspice**
- **¾ tsp whole cloves**
- **3 sticks cinnamon**
- **Ball® brand Fruit-Fresh® (Optional)**

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

2. WASH, peel, and pit peaches. Leave peaches in halves or cut into slices, if desired. Treat fruit to prevent browning.

3. COMBINE sugar, water, and honey. Cook until sugar dissolves. Add peaches in syrup one layer at a time and cook for 3 minutes.

4. PACK hot peaches into hot jars, leaving ½ inch headspace. Add ½ tsp allspice, ¼ tsp cloves, and 1 stick cinnamon to each jar.

5. LADLE hot syrup over peaches, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

6. PROCESS filled jars in a boiling water canner for 25 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Family Favorite

Summer Fruit Cocktail

This lightly sweetened fruit cocktail is delightfully accented with honey and mint. It is best served alone as a simple dessert, accompanied by a tall glass of iced tea, finished with a sprig of mint to complement the flavors of the fruit.

YIELD: 5 (16 oz) pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

6	cups chopped pitted peeled peaches, treated to prevent browning and drained (about 9 medium)
3	cups chopped cored peeled pears, treated to prevent browning and drained (about 9 medium)
	2 cups water
1¼	cups granulated sugar
¼	cup liquid honey
2	cups stemmed seedless grapes (about 1 lb)
1	cup drained maraschino cherries, halved
5	fresh mint sprigs

WHAT YOU DO:

1. CHOOSE ripe fruit of ideal quality for eating fresh for best results. They should be neither mushy nor hard.

2. PREPARE peaches by pitting, peeling, and chopping and pears by coring, peeling, and chopping. To prevent browning, apply Ball® Fruit-Fresh® Produce Protector or submerge fruit in ¼ cup lemon juice and 4 cups water.

SUMMER FRUIT COCKTAIL

CHRIS HENNESSEY

3. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

4. COMBINE water, sugar, and honey in a large stainless steel saucepan. Bring to a boil over high heat, stirring occasionally. Add peaches, pears, and grapes; return to a boil, stirring occasionally. Reduce heat and boil gently for 5 minutes. Stir in cherries. Remove from heat.

5. PLACE 1 mint sprig in each hot jar. Ladle hot fruit and syrup into hot jar, leaving ½ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

6. PROCESS jars in a boiling water canner for 20 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Family Favorite

Homemade Apple or Pear Juice

Pure and simple. Fruit and water. All the ingredients you will need to make healthy, homemade juice.

YIELD: 6 (32 oz) quarts
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

- 24 lbs apples or pears, stemmed and chopped (about 72 apples or pears)
- 8 cups water

WHAT YOU DO:

1. COMBINE fruit and water in a large saucepan. Bring to a boil. Reduce heat and simmer, stirring occasionally, until fruit is tender.
2. TRANSFER fruit and juice, working in batches, to a strainer lined with several layers of cheesecloth. Let drip, undisturbed, for at least 2 hours.
3. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.
4. HEAT juice to 190°F in a large saucepan over medium-high heat.
5. LADLE hot juice into hot jars, leaving ¼ inch headspace. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
6. PROCESS filled jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

EASY

Absolut Pear Appeal

It's hard to go wrong mixing Absolut with your favorite fruit juice and soda. The addition of a fruit slice or sprig of herb adds another dimension to a beverage that's as easy as it is refreshing.

YIELD: 1 (8 oz) glass
SKILL LEVEL: Easy
GLASS: Rocks
TASTE: Fruity, Fresh

WHAT YOU NEED:

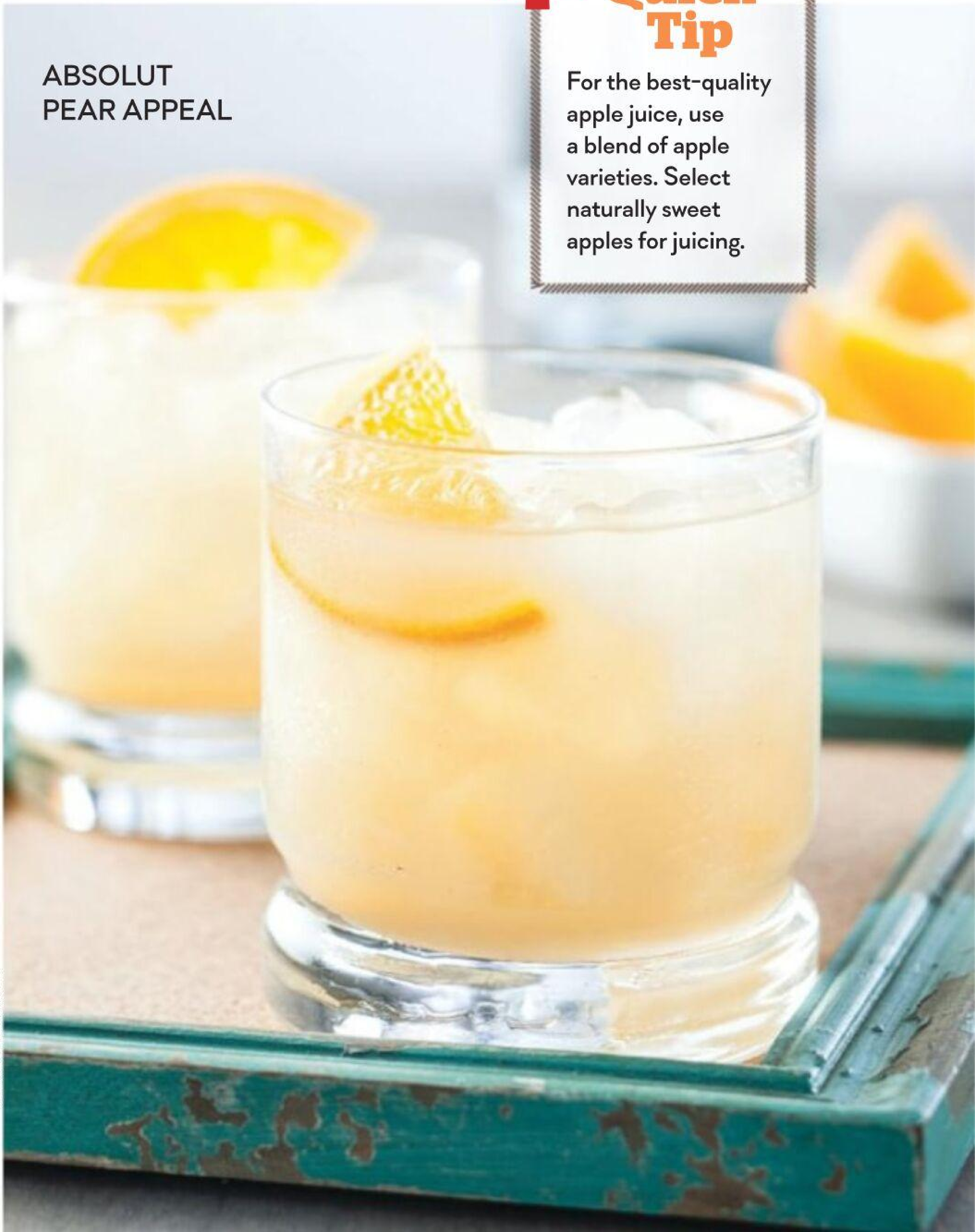
- 1 part Absolut Vodka
- 1 part pear juice
- Soda water
- 1 twist orange

WHAT YOU DO:

1. FILL a rocks glass with ice cubes. Add Absolut Vodka and pear juice. Top up with soda water. Garnish with a twist of orange.

Quick Tip

For the best-quality apple juice, use a blend of apple varieties. Select naturally sweet apples for juicing.



ABSOLUT PEAR APPEAL

CHRIS HENNESSEY

TOMATO Sauces

A pantry full of luscious, freshly preserved tomatoes is like having summer in your kitchen year 'round.

BRUSCHETTA IN A JAR

CHRIS HENNESSEY

Bruschetta in a Jar

What could be more welcoming than warm, freshly toasted homemade tomato bruschetta? Just spoon these zesty tomatoes onto a toasted baguette and garnish with grated cheese and a splash of olive oil, if desired.

YIELD: 7 (8 oz) half pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

5	cloves garlic, minced
1	cup dry white wine
1	cup white wine vinegar
½	cup water
2	tbsp sugar
2	tbsp dried basil
2	tbsp dried oregano
2	tbsp balsamic vinegar
9	cups chopped cored plum tomatoes (about 4 lbs or 12 medium)

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water. Set bands aside.

2. COMBINE garlic, wine, wine vinegar, water, sugar, basil, oregano, and balsamic vinegar. Bring to a full rolling boil over high heat, stirring occasionally. Reduce heat, cover, and simmer 5 minutes or until garlic is heated through. Remove from heat.

3. PACK tomatoes into hot jars, leaving ½ inch headspace. Ladle hot vinegar mixture over tomatoes, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

4. PROCESS filled jars in a boiling water canner for 20 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Tomatoes Whole, Halved, or Quartered—Packed in Juice

Preserve the bounty of your tomato vines through waterbath canning. Follow these directions for whole, halved or quartered tomatoes packed in their own juice.

YIELD: about 7 (32 oz) quarts
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

22	lbs ripe tomatoes (about 8 to 11 medium per quart)
	Water
	Ball® Citric Acid or bottled lemon juice
	Salt, optional

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water. Set bands aside.

2. WASH tomatoes. Dip in boiling water 30 to 60 seconds. Immediately dip in cold water. Slip off skins. Trim away any green areas and cut out core. Leave tomatoes whole or cut into halves or quarters.

3. ADD ½ tsp Ball® Citric Acid or 2 tbsp bottled lemon juice to each hot quart jar.

4. ADD ¼ tsp Ball® Citric Acid or 1 tbsp bottled lemon juice to each hot pint jar.

5. PACK tomatoes in hot jars until space between tomatoes fills with juice, leaving ½ inch headspace.

6. ADD 1 tsp salt to each quart jar, ½ tsp to each pint jar, if desired.

7. REMOVE air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

8. PROCESS filled jars in a boiling water canner 1 hour and 25 minutes for pints and quarts, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

ISTOCK

Family Favorite

Fresh Tomato Marinara Sauce

YIELD: 2 (16 oz) pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

8 large tomatoes
3 tbsp olive oil
½ cup onion, chopped
6 cloves garlic, minced
1 bay leaf
2 tsp basil
1 tsp oregano
1 tsp salt
½ tsp pepper
1½ tsp sugar
2 tsp balsamic vinegar

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use.

2. Remove skins from tomatoes. Add olive oil to pot, add onion and cook for 5 minutes on medium heat. Add tomatoes, garlic, and bay leaf. Bring to a boil and hard simmer for 30 minutes. Add basil, oregano, salt, pepper, and sugar. Continue hard simmer for another 30 minutes, reducing volume by half. Add balsamic vinegar.

FRESH TOMATO MARINARA

CHRIS HENNESSEY

3. LADLE hot sauce into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in a boiling water canner for 25 minutes, adjusting for altitude. Remove jars and cool.

Basil-Garlic Tomato Sauce

The name says it all. Combine tomatoes, basil and garlic for a sauce you can serve any time.

YIELD: 7 (16 oz) pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

20	lbs tomatoes (about 60 medium)
1	cup chopped onion (about 1 large)
8	cloves garlic, minced
1	tbsp olive oil
¼	cup finely minced, fresh basil
¼	tsp Ball® Citric Acid or
1	tbsp bottled lemon juice per hot jar

HALF RECIPE:

10	lbs tomatoes (about 30 medium)
½	cup chopped onion (about ½ large)
4	cloves garlic, minced
1½	tsp olive oil
2	tbsp finely minced fresh basil
¼	tsp Ball® Citric Acid or 1 tbsp bottled lemon juice per hot jar

BASIL-GARLIC TOMATO SAUCE

ISTOCK

Quick Tip

Paste tomatoes, such as Roma, have more, and usually firmer, flesh than slicing tomatoes. They will produce thicker sauces.

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
2. WASH tomatoes; drain. Remove core and blossom ends. Cut into quarters. Set aside.
3. SAUTE onion and garlic in olive oil until transparent. Add tomatoes. Bring to a boil. Reduce heat and simmer 20 minutes, stirring occasionally.
4. PUREE tomato mixture in a food processor or blender, working in batches. Strain purée to remove seeds and peel.
5. COMBINE tomato purée and basil in large saucepot. Bring to a boil. Reduce heat and simmer until volume is reduced by half, stirring to prevent sticking.
6. ADD ¼ tsp Ball® Citric Acid or 1 tbsp bottled lemon juice to each hot jar. Ladle hot sauce into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
7. PROCESS filled jars in a boiling water canner for 35 minutes, adjusting for altitude. Remove jars and cool. Check for seal after 24 hours.

Eggplant, Zucchini and Tomato Casserole

When your garden's abundant, have friends swap your excess produce for theirs. Save some vegetables to serve this tasty dish.

ACTIVE: 30 minutes
TOTAL TIME: 1 hour
SERVINGS: 6

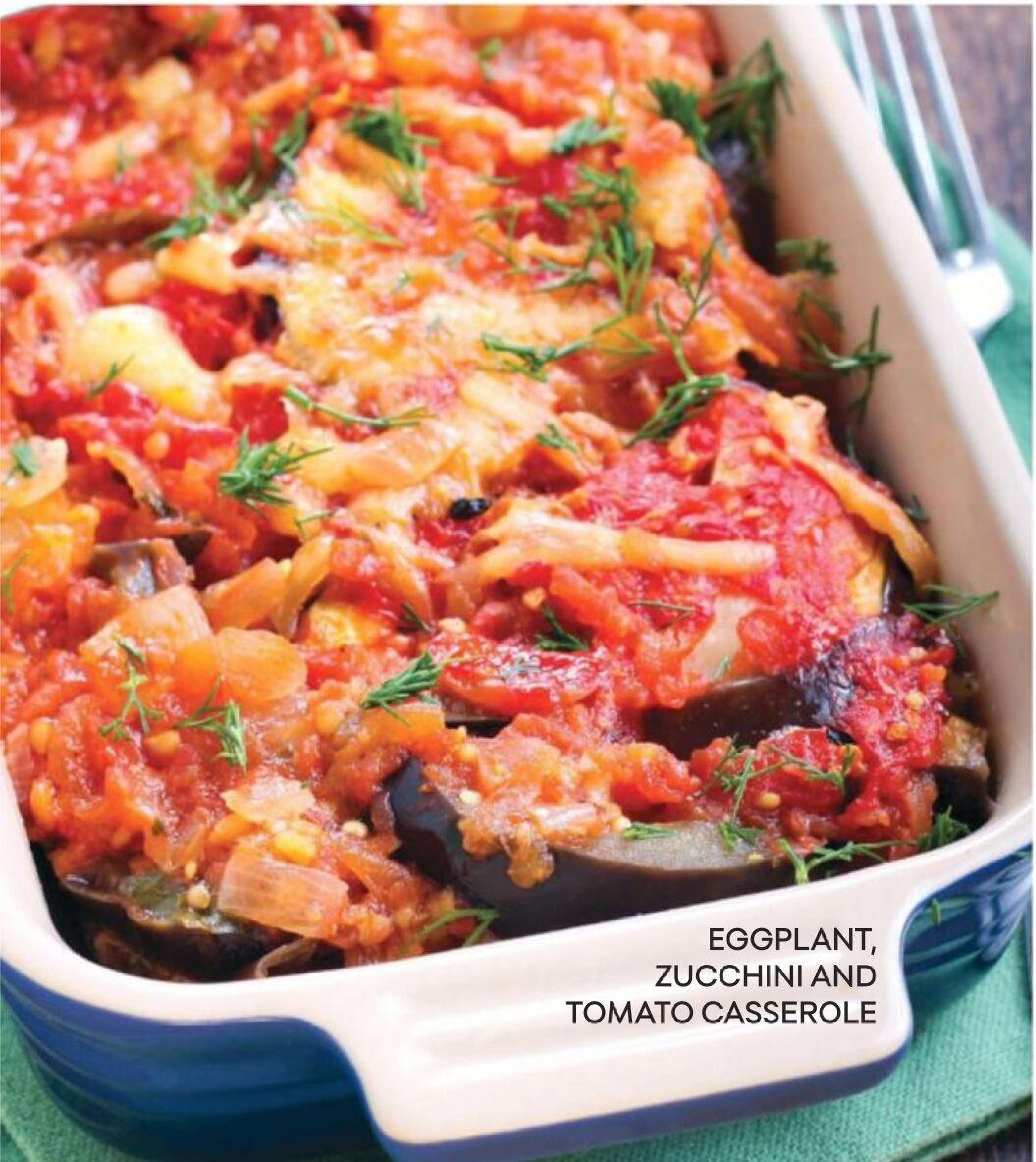
3	tbsp extra-virgin olive oil, plus more for greasing and brushing
3	medium zucchini, sliced lengthwise
2	long, narrow eggplants, sliced lengthwise
	Salt and pepper
1	large shallot, minced
1	lb plum tomatoes, diced
3	oz feta cheese, crumbled (¾ cup)
¼	cup chopped basil
⅓	cup panko or coarse dry bread crumbs

WHAT YOU DO:

1. PREHEAT the oven to 425 degrees. Oil two large rimmed baking sheets, one for the zucchini slices, one for the eggplant. Arrange the slices in a slightly overlapping layer and brush all over with oil. Season with salt and pepper. Bake for 15 minutes, until tender.

2. MEANWHILE, in a large skillet, heat 2 tablespoons of the oil. Add the shallot and cook over moderate heat until softened, 3 minutes. Add the tomatoes and cook over high heat until slightly softened and bubbling, 1 minute. Season with salt and pepper.

3. OIL a large, shallow baking dish (about 10 by 15 inches). Lay half of the eggplant in the dish and spread one-fourth of the tomatoes on top. Scatter with half of the feta and basil. Layer half of the zucchini on top, followed by another one-fourth of the tomato and the remaining basil, eggplant, and zucchini. Top with the remaining tomato and feta. Mix the panko with the remaining 1 tablespoon of oil and sprinkle over the casserole. Bake in the upper third of the oven for 20 minutes, until bubbling and crisp. Let stand for 5 minutes, then serve hot or warm.



EGGPLANT, ZUCCHINI AND TOMATO CASSEROLE

ISTOCK

EDITOR'S PICK

Crushed Tomatoes

A high-quality product, ideally suited for use in soups, stews, and casseroles.

YIELD: 7 (32 oz) quarts
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

22	lbs ripe tomatoes
14	tbsp lemon juice

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use.

2. WASH tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores, and quarter. Heat one-sixth of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. Stir to prevent burning. Once the tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. Boil gently 5 minutes. Add two tablespoons of bottled lemon juice per quart of tomatoes.

3. ADD 1 teaspoon of salt to each jar, if desired. Fill jars immediately with hot tomatoes, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

4. PROCESS filled jars in a boiling water canner for 45 minutes, adjusting for altitude. Remove jars and cool.

Balsamic Cherry Tomato Onion Conserve

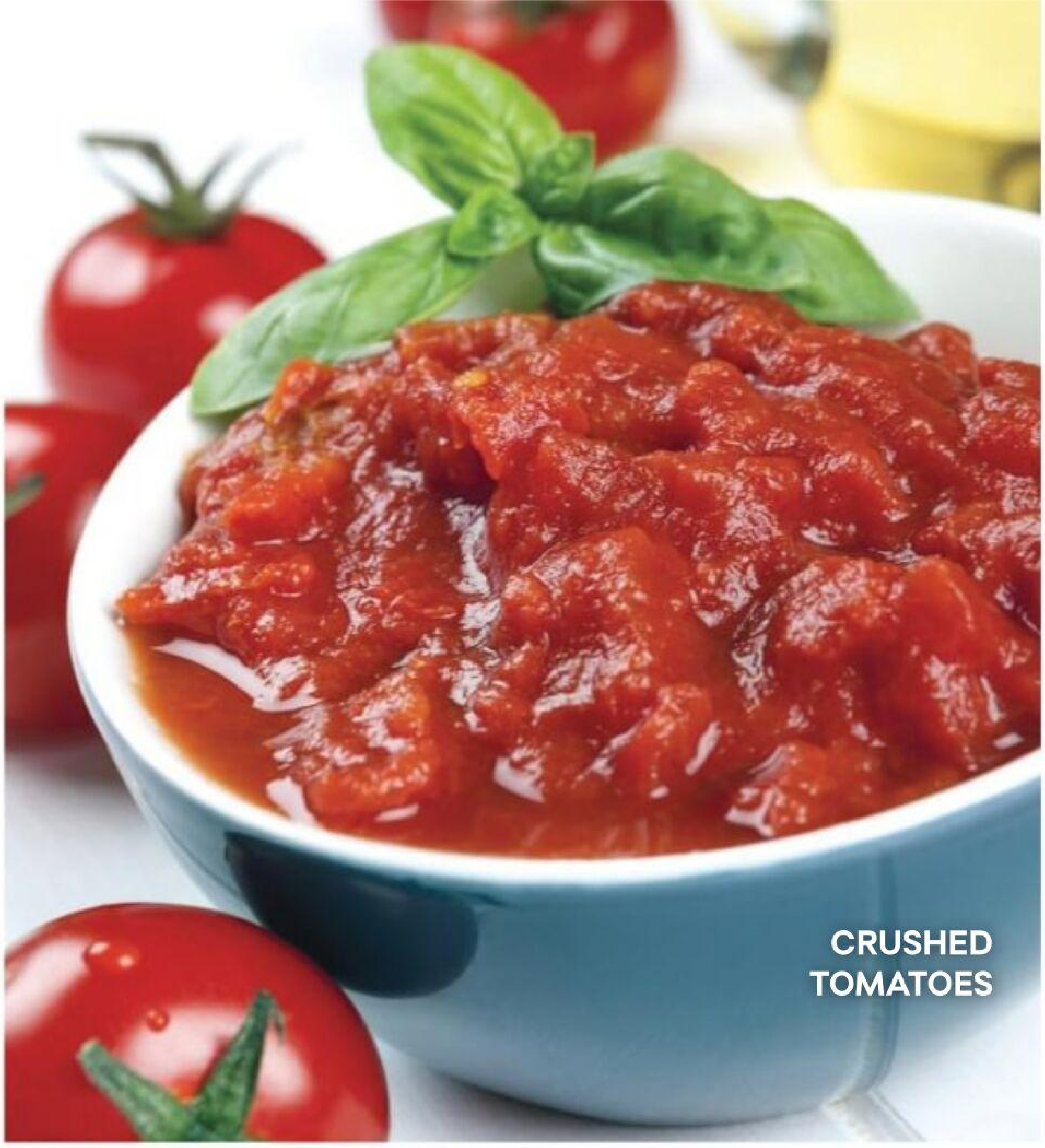
YIELD: 5 (8 oz) half pints

SKILL LEVEL: Medium

METHOD: Waterbath

WHAT YOU NEED:

2	**tbsp butter**
2	**tbsp olive oil**
2	**lbs sweet onions, quartered and thinly sliced**
2	**tsp sea salt**
1	**tsp sugar**
2	**pints cherry tomatoes, halved**
¾	**cup honey**
¼	**cup balsamic vinegar**
½	**tsp fresh ground black pepper**



CRUSHED TOMATOES

ISTOCK

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use.

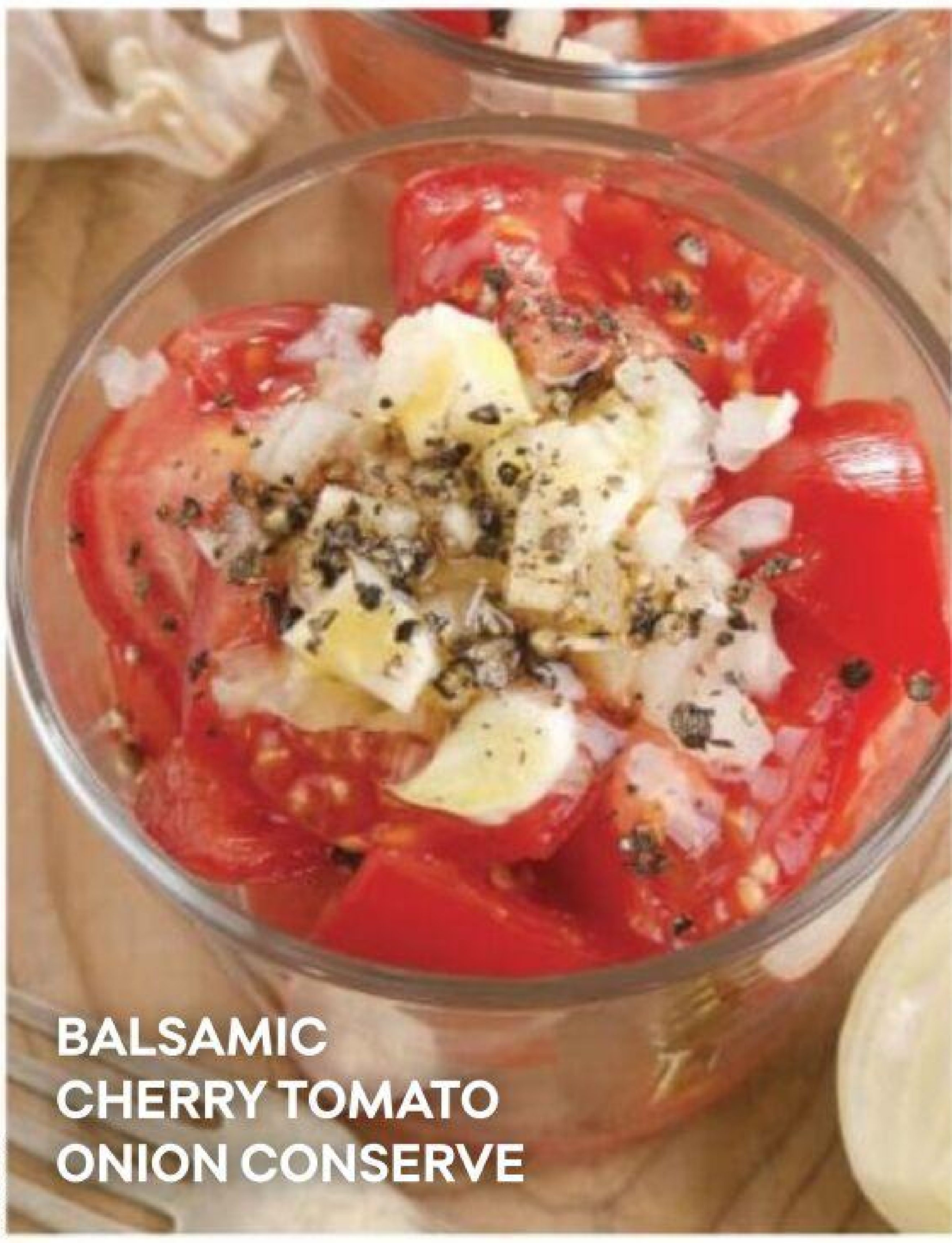
2. HEAT butter and oil in a large skillet over medium-low heat until butter melts; add onion, salt, and sugar and cook, covered, until onions are tender, about 13 to 15 minutes, stirring occasionally.

3. UNCOVER, turn heat to medium high, and stir until onions are golden brown, about 3 to 5 minutes.

4. STIR in the cherry tomatoes and honey; bring to a boil, then turn heat down to medium-high and boil until tomatoes are soft, about 5 minutes, stirring frequently.

5. REMOVE from heat and stir in vinegar; season with pepper.

6. LADLE mixture into hot, sterilized jars, leaving ¼ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.



BALSAMIC CHERRY TOMATO ONION CONSERVE

ISTOCK

7. PROCESS filled jars in a boiling water canner for 5 minutes, adjusting for altitude. Remove jars and cool.

Salsas & RELISHES

Take your favorite recipes to another level of culinary artistry with hot and spicy salsas and flavorful relishes.

SPICY PEACH SALSA

AMALLIA EKA/SHUTTERSTOCK

EASY

Spicy Peach Salsa

This sweet and spicy relish is tasty served as a topping on entrees or as an appetizer on baked Brie.

YIELD: 7 (8 oz) half pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

6 cups peeled, diced hard (under-ripe) peaches
1 cup sugar
1 cup chopped red bell pepper
1 cup cider vinegar
½ cup chopped red onion
¼ cup bottled lime juice
¼ teaspoon salt
2 jalapeño peppers, chopped
2 garlic cloves, minced
1 habanero pepper, seeded and minced
¼ cup chopped fresh cilantro

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. COMBINE all ingredients, except cilantro, in a large stockpot. Add ½ cup water; bring to a boil over high heat, stirring until sugar dissolves. Reduce heat, and simmer 5 minutes. Remove from heat; stir in cilantro.

3. LADLE into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Apply band and adjust until fit is fingertip tight.

4. PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool.

ISTOCK

Corn Salsa

Save one of summer's favorite flavors in a fresh salsa that you'll savor all year long.

YIELD: 4 (8 oz) half pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

4 large fresh ears corn
1 cup onion, coarsely chopped (1 large)
1 cup green or red sweet pepper, coarsely chopped (1 large)
1 cup tomato, peeled and chopped
1 large fresh jalapeño chili pepper, seeded and finely chopped
½ cup lime juice
½ teaspoon salt
½ teaspoon ground cumin
½ teaspoon freshly ground black pepper

WHAT YOU DO:

1. REMOVE husks from ears of corn. Scrub corn with stiff vegetable brush to remove silks; rinse. Cut kernels from cobs (do not scrape cobs). Measure 2 cups of corn kernels.

2. IN a large saucepan, combine the 2 cups corn kernels, onion, sweet pepper, tomato, jalapeño pepper, lime juice, salt, cumin, and black pepper. Bring to boil; reduce heat. Simmer, covered, for 10 minutes.

3. LADLE into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

4. PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Family
Favorite

Fresh Salsa

Tomatoes, peppers, onions, cilantro. When you taste this salsa, you'll want to make it your go-to sauce for dipping and adding zest to casseroles.

YIELD: 4 (16 oz) pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

7	**cups diced, seeded, peeled, cored tomatoes (about 5 lb or 15 medium)**
6	**green onions, sliced**
2	**jalapeño peppers, diced**
4	**cloves garlic, minced**
½	**cup vinegar**
2	**tbsp lime juice**
4	**drops hot pepper sauce**
2	**tbsp minced cilantro**
2	**tsp salt**

WHAT YOU DO:

1. CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

2. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

3. COMBINE all ingredients in a large saucepan.

4. HEAT to a boil. Reduce heat and simmer 15 minutes.

5. LADLE into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

6. PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

CHRIS HENNESSEY

Tomatillo Salsa

This salsa is delicious on chips but also adds flavor to baked dishes.

YIELD: 5 (16 oz) pints
SKILL LEVEL: Medium
METHOD: Waterbath

TOMATILLO SALSA

ISTOCK

WHAT YOU NEED:

- 5 cups chopped tomatillos
- 1½ cups seeded, chopped long green chiles
- ½ cup seeded, finely chopped jalapeño peppers
- 4 cups chopped onions
- 1 cup bottled lemon or lime juice
- 6 cloves garlic, finely chopped
- 1 tbsp ground cumin (optional)
- 3 tbsps dried oregano leaves (optional)
- 1 tbsp salt
- 1 tsp black pepper

WHAT YOU DO:

1. CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

2. PREPARE tomatillos by removing the dry outer husks; wash thoroughly. They do not need to be peeled or seeded.

3. PREPARE chiles and peppers as shown at right. Jalapeño peppers don't need to be peeled; remove seeds.

4. COMBINE all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally.

5. LADLE into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

6. PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

kitchen tips

HOW TO PEEL PEPPERS

The skin of long green chiles may be tough and can be removed by heating the peppers. Finely chopped peppers do not need to be skinned. To peel chiles, slit each pepper along the side to allow steam to escape.

OVEN OR BROILER METHOD to blister skins - Place chiles in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister.

ISTOCK

RANGE-TOP METHOD to blister skins - Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

TO PEEL, after blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.

Corn Relish
Family Favorite

Corn Relish

Fresh summer flavors of corn, peppers and onions combine for a delicious relish to serve on hamburgers, hot dogs and your favorite sandwiches.

YIELD: about 6 (8 oz) half pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

2	cups white vinegar
⅔	cup sugar
1	tbsp salt
4	cups cooked corn kernels (about 8 ears)
2	cups diced mixed red and green bell peppers (about 2 large)
¾	cup diced celery
½	cup finely chopped onion
1	tbsp dry mustard
1	tsp celery seeds
1	tsp ground turmeric

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Wash lids in soapy water.

2. COMBINE vinegar, sugar, and salt in a large saucepan. Bring to a boil, stirring to dissolve sugar. Add corn, red and green peppers, celery, onion, mustard, celery seeds and turmeric. Reduce heat and simmer 15 minutes, stirring frequently.

3. LADLE hot relish into hot jars leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

4. PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex when center is pressed.

CHRIS HENNESSEY

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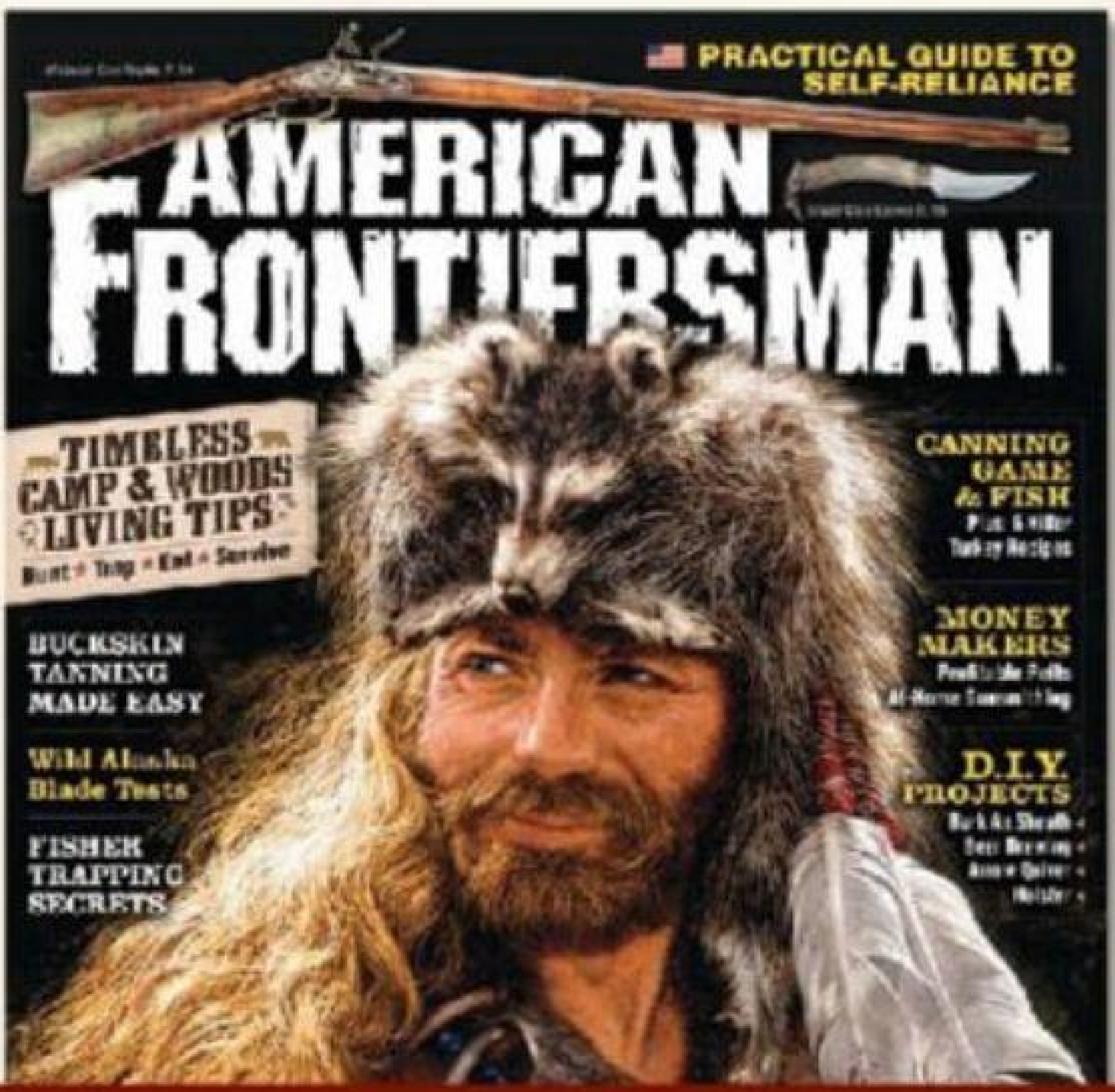
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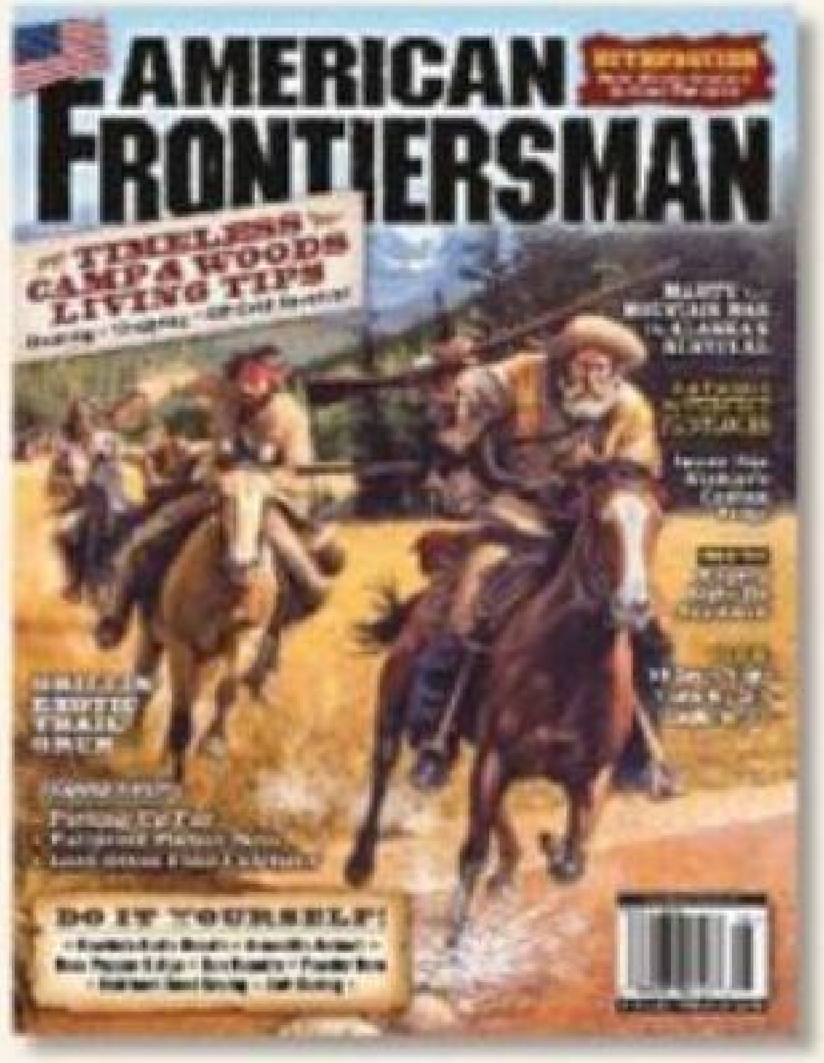
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Vegetables

Satisfy your appetite for summer by preserving fresh vegetables picked from your garden or purchased at your local farmers' market.

BEETS

ISTOCK

Beets—Whole, Cubed or Sliced

An average of 21 pounds (without tops) is needed for 7 quarts; 13½ pounds is needed for 9 pints. A bushel yields 15 to 20 quarts—an average of 3 pounds per quart.

YIELD: 7 (32 oz) quarts
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

21 lbs beets
7 tsp salt
Water

WHAT YOU DO:

1. PREPARE pressure canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.
2. TRIM off beet tops, leaving an inch of stem and roots to reduce bleeding of color. Scrub well. Cover with boiling water. Boil until skins slip off easily; about 15 to 25 minutes. Cool just enough to handle without burning yourself, then remove skins, and trim off stems and roots. Leave baby beets whole. Cut larger beets into ½-inch cubes or slices.
3. ADD 1 teaspoon of salt per quart to the jar, if desired.
4. FILL jars with hot beets and fresh hot water that has been brought to a boil, leaving 1 inch headspace. Remove air bubbles and adjust headspace, if necessary. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.
5. PROCESS quarts in a pressure canner at 11 pounds of pressure for 35 minutes; 30 minutes for pints.

Carrots

Be prepared for dinner in a jiffy when you have ready-to-use carrots from your pantry. Use them for a side dish or to add to an entree.

YIELD: 4 (16 oz) pints
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

6 lbs (about 24 to 36 medium with 1- to 1½-inch diameter) carrots
Salt, optional
Water

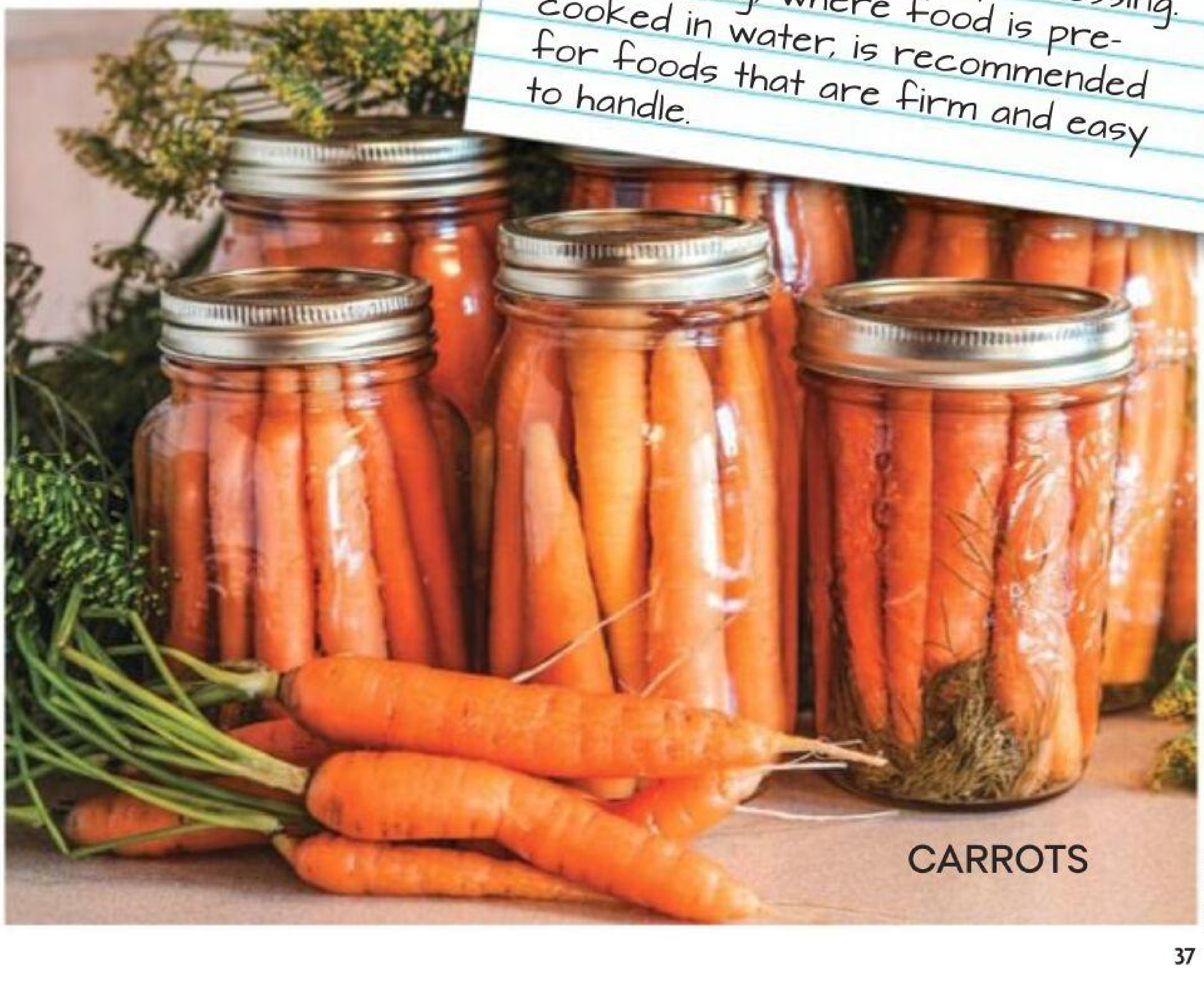
WHAT YOU DO:

1. PREPARE pressure canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. WASH and peel carrots. Wash again. Cut carrots into slices or leave whole.
3. PACK carrots tightly into hot jars, leaving 1 inch headspace. Add 1 tsp salt to each quart jar, ½ tsp to each pint jar, if desired.
4. LADLE boiling water over carrots, leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
5. PROCESS filled jars in a pressure canner at 10 pounds pressure 25 minutes for pints, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Note: *Large carrots may be fibrous. Select small carrots less than 1½ inch in diameter for best results.*

Pick Your Pack

Packing raw, where food is left uncooked, is best for foods that become more delicate as they are cooked. Be sure to pack them firmly into jars before processing. Hot packing, where food is precooked in water, is recommended for foods that are firm and easy to handle.



CARROTS

ISTOCK

GREEN
BEANS

B BROWN/SHUTTERSTOCK

Green Beans

Extend the pleasure of your garden's bounty when you have ready-to-use green beans available in your own pantry.

YIELD: 4 (32 oz) quarts
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

8 lbs green beans
Water
Salt, optional

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. WASH and rinse beans thoroughly. Remove string, trim ends, and break or cut freshly gathered beans into 2-inch pieces. Place prepared beans in a large saucepan and cover with boiling water. Boil for 5 minutes.

3. PACK hot beans into hot jars, leaving 1 inch headspace. Add 1 tsp salt to each quart jar, ½ tsp to each pint jar, if desired.

4. LADLE boiling water over beans leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

5. PROCESS filled jars in a pressure canner at 10 pounds pressure 20 minutes for pints and 25 minutes for quarts, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Note: *The processing time given applies only to young, tender pods. Beans that have almost reached the "shell-out" stage require a longer processing time. Increase processing time 15 minutes for pints and 20 minutes for quarts.*

End-of-Garden Soup

Delicious as a base for many recipes, this soup is the ideal way to use up the last garden harvest.

YIELD: 15 (32 oz) quarts
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

10	carrots
1	large sweet pepper
4	onions
5	stalks celery
8	cups chopped cabbage
5	gallon (approx. 10 quarts) bucket of raw ripe tomatoes
15	tsp salt

WHAT YOU DO:

1. COMBINE carrots, pepper, onion, celery, and cabbage in large saucepan, cover with water. Bring to a simmer. While the vegetables cook, peel, core, and chop tomatoes. Add tomatoes to simmering vegetables. Cook until tender, stirring often.

2. LADLE hot soup into hot quart jars. Add 1 tsp salt to each jar and add lids.

3. PROCESS quarts for 85 minutes (pints for 55 minutes) at 10 lbs of pressure in pressure cooker.

Family
Favorite

CHRIS HENNESSEY

CREAM-
STYLE CORN

ISTOCK

Whole Kernel Corn

Preserve your sweet corn for the months ahead by following these instructions for pressure canning.

YIELD: 9 (16 oz) pints
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

20 lbs corn in husks
Water
Salt, optional

WHAT YOU DO:

1. PREPARE pressure canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

2. HUSK corn and remove silk. Wash corn cobs. Cut corn from cob. Measure corn.

3. PACK corn into hot jars according to raw pack or hot pack recipe. Add 1 tsp salt to each quart jar, ½ tsp to each pint jar, if desired.

4. REMOVE air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

5. PROCESS filled jars in a pressure canner at 10 pounds pressure 55 minutes for pints and 1 hour and 25 minutes for quarts, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

RAW PACK:

1. PACK corn loosely into hot jars, leaving 1 inch headspace.

2. LADLE boiling water over corn, leaving 1 inch headspace.

HOT PACK:

1. PLACE corn in a large saucepan. For each 4 cups corn, add 2 cups water. Bring to a boil. Reduce heat and simmer 5 minutes.

2. PACK corn and liquid into hot jars leaving 1 inch headspace.

Family Favorite

Cream-Style Corn

About 20 pounds (in husks) of sweet corn is needed per 9 pints. A bushel weighs 35 pounds and yields 12 to 20 pints – an average of 2¼ pounds per pint.

YIELD: 9 (16 oz) pints
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

20 lbs sweet corn
4½ tsps salt
Water

WHAT YOU DO:

1. HUSK corn, remove silk, and wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at about the center of kernel. Scrape remaining corn from cobs with a table knife.

2. ADD 1 cup water to each 2 cups of corn and heat to a boil. Add ½ teaspoon salt to each pint jar, if desired.

3. PACK corn into hot jars, leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

4. PROCESS filled jars in a pressure canner at 11 pounds pressure 85 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Caution: *Quart jars are not recommended due to the denseness of the canned product.*

WHOLE
KERNEL CORN

Preserve the Garden

When planting, choose varieties that are disease-resistant. Seed packets or potted plant stakes often indicate how much produce healthy, mature plants may yield. Plant herbs and plants needed for flavoring and good quantities of onions, garlic, celery, and peppers for salsas and relishes.

ISTOCK

ISTOCK

Sweet Green Peas

These are also known as English peas. Select well-filled, plump pods containing young, tender peas.

YIELD: 4 (32 oz) quarts
SKILL LEVEL: Advanced
METHOD: Pressure canning

WHAT YOU NEED:

18 lbs pea pods
Water
Salt, optional

WHAT YOU DO:

1. PREPARE pressure canner. Heat jars and lids in simmering water until ready for use. Do not boil.
2. WASH pea pods, drain. Shell peas. Wash again.
3. PACK peas into hot jars according to raw pack or hot pack recipe. Add 1 tsp salt to each quart jar, ½ tsp to each pint jar. Remove air bubbles and adjust headspace. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in a pressure canner at 10 pounds pressure 40 minutes for pints, adjusting for altitude. Remove jars and cool.

RAW PACK:

1. PACK peas loosely into hot jars, leaving 1 inch headspace. Do not shake or press down.
2. LADLE boiling water over peas, leaving 1 inch headspace.

HOT PACK:

1. PLACE peas in a large saucepan. Boil small peas for 3 minutes and larger peas for 5 minutes. Drain, rinse peas and drain again.
2. PACK peas and liquid into hot jars, leaving 1 inch headspace.

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PICKLED Vegetables

Pickles are standard fare for any gathering. Create delicious mixes from garden leftovers or peruse your farmers' market for tempting combinations.

JARDINIERE

CHRIS HENNESSEY

Jardiniere

This pickled salad of mixed sliced vegetables is great with grilled meat or chopped up on a sandwich.

YIELD: 6 (16 oz) pints
SKILL LEVEL: Medium
METHOD: Waterbath

WHAT YOU NEED:

Brine:

3	bay leaves
6	whole black peppercorns
3	cloves of garlic, thinly sliced
4	cups white vinegar
2	cups water
2	cups granulated sugar
1	tbsp pickling or canning salt

Veggies:

2	cups small cauliflower florets
1½	cups pickling or pearl onions
3	stalks of celery, cut into ¼-inch slices
2	carrots, peeled and cut into sticks 1½ inches long and ½ inch wide.
1	small zucchini, cut into ¼-inch slices
2	large red bell peppers, seeded and cut into ¼-inch strips
1	large yellow bell pepper, seeded and cut into ¼-inch strips
1	large green bell pepper, seeded and cut into ¼-inch strips

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water.

2. TIE bay leaves, peppercorns, and garlic in a square of cheesecloth or use a spice ball.

3. IN a large stainless steel saucepan, combine the vinegar, water, sugar, salt, and the spice bag. Bring to a boil over medium heat, stirring to dissolve sugar. Reduce heat, cover, and boil gently for 5 minutes. Add cauliflower, onions, celery, carrots, and zucchini and return to a boil. Remove from heat and stir in red, yellow, and green peppers. Discard the spice bag.

4. PACK vegetables into hot jars to ½ inch headspace. Ladle hot pickling liquid into jar to cover vegetables, leaving ½ inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band; adjust until fit is fingertip tight.

5. PROCESS in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

EASY

Dilly Beans

An old family classic! Kick up the flavor by adding a few pinches of crushed red pepper or chili powder to the brine.

YIELD: 6 (16 oz) pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

3	lbs green and/or yellow wax beans, trimmed and cut into jar-length pieces
3¾	cups vinegar
3¾	cups water
⅓	cup Ball® Preserving & Pickling Salt
6	cloves garlic
6	springs of dill

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

2. TRIM off ends of green beans and discard. Wash.

3. COMBINE vinegar, water, and Pickling Salt in a large saucepan and bring to a boil over high heat, stirring to dissolve salt.

4. PACK beans, dill, and garlic in jars leaving ½ inch headspace at the top.

5. LADLE hot liquid over beans, leaving ½ inch headspace.

6. REMOVE air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust to fingertip tight.

7. PROCESS filled jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check for seal after 24 hours. Lids should not flex up and down when center is pressed.

DILLY BEANS

ISTOCK

KOSHER DILL PICKLES

Better Brining

When making pickles, always use pickling salt, not table salt. Table salt contains iodine, a chemical that can darken pickles. Anti-caking agents in table salt can cause cloudiness in your brine. For brining, avoid metals other than stainless steel, as they tend to react to the salt and vinegar.

CHRIS HENNESSEY

Kosher Dill Pickles

Get your crunchiest home-canned pickles with Ball® Kosher Dill Pickle Mix. See just how easy it is to make this traditional favorite!

YIELD: 4 (16 oz) pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED

3½	lbs pickling cucumbers
2	cups water
1	cup vinegar (5% acidity)
¼	cup Ball® Kosher Dill Pickle Mix

WHAT YOU DO:

1. CUT ends off cucumbers. Cut into spears.
2. COMBINE water, vinegar, and Ball Kosher Dill Pickle Mix in a medium saucepan. Heat to a boil.
3. PACK based on Enjoy Now or Fresh Preserve steps below.

ENJOY NOW

1. POUR hot pickling liquid over cucumber spears in a large bowl. Cool to room temperature, about 30 minutes.
2. PACK cucumber spears into jars. Ladle pickling liquid over spears. Place lids and bands on jars.
3. REFRIGERATE pickles. For best flavor, allow pickles to stand in refrigerator for 3 weeks.

FRESH PRESERVE

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
2. PACK spears into hot jars. Ladle hot pickling liquid over spears, leaving ½ inch headspace. Remove air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
3. PROCESS in boiling water canner for 15 minutes, adjusting for altitude. For best flavor, allow pickles to stand for 4-6 weeks. Store up to 1 year.

EASY

Pickled Okra

Kick up the flavor by adding pinches of crushed red pepper or chili powder to the brine.

YIELD: 8 - 9 (16 oz) pints
SKILL LEVEL: Easy
METHOD: Waterbath

WHAT YOU NEED:

6	cups vinegar
6	cups water
4	tsp dill seed
⅔	cup pickling salt
6	small hot peppers
8-9	small cloves garlic
7	lbs small okra pods

WHAT YOU DO:

1. PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use.
2. BOIL vinegar, water, dill seed, and pickling salt.
3. WASH okra, pack in jar; to each jar add hot pepper and garlic clove.
4. POUR hot pickling solution over okra, leaving ½ inch headspace. Remove air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
5. PROCESS in a boiling water canner for 10 minutes. Let set for 30 days before eating.

Quick Tip

If your water is quite chlorinated, don't use it for pickling. Either use distilled water or boil your water and let it sit for a few hours.

PICKLED OKRA

CHRIS HENNESSEY

FREEZING FRUIT & VEGGIES

Most products that can be canned in a waterbath or pressure canner can also be preserved in your freezer. Following a few simple guidelines will give you a freezer full of fresh-packed produce, soups and sauces.

Step 1

Cool the food product quickly before freezing. This speeds up freezing and helps retain the natural color, flavor, and texture of food. Fill a sink with ice water and place the pot inside, stirring occasionally until the food cools.

Step 2

Spoon food into shallow freezer containers or resealable freezer bags, leaving ½ inch of headspace between the rim of the container and the top of the food to allow for expansion of the food as it freezes. Pack foods tightly, leaving as little air as possible in the package. Seal and label with contents and date of processing.

Step 3

Freeze foods as soon as they are packed and sealed at 0°F or lower. To facilitate more rapid freezing, set the temperature control at -10°F or lower about 24 hours in advance. Leave a little space between packages so air can circulate freely. When the food is frozen, store the packages close together. Do not overload your freezer with unfrozen food. Add only the amount that will freeze within 24 hours (usually 2 to 3 pounds of food per cubic foot). Overloading slows down freezing, and foods that freeze too slowly may lose quality.

Dry & Tray Packing

Dry packing is good for small whole fruits, such as berries, that freeze well without sugar. Pack the fruit into a container, seal and freeze.

A tray pack is an alternative that may make the fruit easier to remove from the container. Simply spread a single layer of prepared fruit on shallow trays and freeze. When frozen, promptly package and return to the freezer. The fruit pieces remain loose and can be poured from the container. Be sure to package the fruit as soon as it is frozen, to prevent freezer burn.

Containers for Freezing

Rigid containers made of plastic are suitable for all packs and are especially good for liquid packs. Straight sides on rigid containers make the frozen food much easier to get out. Flexible freezer bags and moisture-vapor-resistant wrapping materials such as plastic freezer wrap, freezer paper and heavy-weight aluminum foil are suitable for dry-packed products with little or no liquid. Bags and wraps work well for foods with irregular shapes, and liquid packs. Regardless of the type of closure, press the bag to remove as much air as possible before closing.

ISTOCK

kitchen tips

BLANCHING FRESH VEGETABLES

Blanching is a critical step in preparing vegetables for freezing and must be done carefully. This is an important element in preserving produce to be stored frozen for more than 4 weeks.

STEP 1 Wash, drain, and sort the vegetables. Trim and cut the selected produce as you would if cooking fresh. Use 1 gallon of water per pound of vegetables or 2 gallons per pound of leafy greens. Place the vegetables into a blancher: a wire basket, perforated metal strainer, or a coarse mesh bag. Fill sink with enough ice water to cover the blancher.

STEP 2 Lower the blancher into a pot of vigorously boiling water. Begin counting the time as soon as the vegetables are put into the water, following the blanching time given in the recipe. Keep the heat on high and stir water or keep container covered.

STEP 3 As soon as blanching is complete, the vegetables should be cooled quickly to stop the cooking process. This is done by plunging the blancher of vegetables into the sink of icy water. Stir the vegetables around in the water several times but not longer than the blanching time.

STEP 4 Allow vegetables to cool before packing. Pack loosely without seasoning and seal.

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